

November 2023

Greater Springfield Senior Services, Inc.

Community Dining Menu UPDATED 09/27/2023

For Reservations or Cancellations call by 11:30 a.m. the day before at the site you attend.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Menu subject to change without notice.</b> <b>Suggested voluntary donation \$2/meal</b> <b>Key for Symbols:</b> Na: Sodium *Higher sodium item(>500mg) Cal= Calories Sodium (mg) Carb= Carbs/Carbs with Low Carb Dessert	<b>If you have a special concern regarding sodium, call GSSSI 781-8806 X 1136 for more information.</b>  <b>Total Sodium &amp; Calories include regular dessert, milk(100mg Na) &amp; margarine(15mg Na).</b>	<b>1</b> BBQ Pulled Pork(365) Spinach(188) ½ Baked Sweet Potato(22) WW Burger Bun(160) Reg(79)/Diet Cookie Cal:663 Carb:65 Na:953	<b>2</b> Seafood Newburg*(696) Tossed Salad w/Italian(137) Egg Noodles(5) Cornbread(180) Spiced Peaches(5) Cal:884 Carb:109 Na:1163	<b>3</b> Chicken Fajitas(479) Fajita Blend Vegetables(3) Yellow Rice(20) Flour Tortilla(170) Sour Cream(9) Fresh Fruit(1) Cal:574 Carb:69 Na:807
<b>6</b> American Chop Suey(211) Roman Blend Veg(13) Wheat Roll(210) Rice Krispie Treat(88) Cal:685 Carb:94 Na:662	<b>7</b> Braised Pork w/Apple Gravy(298) Steamed Peas(58) Mashed Potatoes(46) Whole Wheat Bread(150) Fresh Fruit(0) Cal:819 Carb:105 Na:683	<b>8</b> Turkey Tetrazini(444) Steamed Broccoli(9) Penne Noodles(2) Whole Wheat Dinner Roll(210) Pear Crisp(98) Cal:1049 Carb:142 Na:902	<b>9</b> Jamaican Jerk Chicken(487) Collard Greens(245) Coconut Rice(171) Oatnut Bread(150) Mixed Fruit(5) Cal:843 Carb:100 Na:1198	<b>10</b> Eggplant Parmesan*(659) Tossed Salad w/Italian(137) Penne w/Sauce(95) Garlic Bread(110) Jello(53)/SF Jello(35) w/topping(12) Cal:866 Carb:119/103 Na:1150
<b>13</b>  HOLIDAY- NO MEALS	<b>14</b> Turkey Chili(385) Sour Cream(9) Mixed Vegetables(53) ½ Baked Potato(9) Mini Cornbread(180) Fresh Fruit(1) Cal:824 Carb:123 Na:777	<b>15 NOVEMBER BIRTHDAY MEAL</b> Chicken Cordon Bleu(450) Steamed Broccoli (9) ½ Sweet Potato(33) Dinner Roll(150) Cupcake(240)/Diet Cake(166) Cal:762 Carb:97/85 Na:1131	<b>16</b> Meatloaf w/Mushroom Gravy(301) Steamed Peas(97) Mashed Potatoes(26) Whole Wheat Bread(115) Cookie(109)/Diet Cookie(55) Cal:688 Carb:81/76 Na:849	<b>17</b> Broccoli Alfredo Pasta(242) Steamed Spinach(188) Orange Juice(26) Whole Wheat Roll(210) Chilled Applesauce(9) Cal:596 Carb:105 Na:789
<b>20</b> Spaghetti w/Meatsauce(59) Italian Blend Veg(19) Italian Bread(230) Reg/Diet Cookies(60) Cal:825 Carb:118 Na:937	<b>21</b> Chicken & Dumplings*(541) Tossed Salad w/Italian(137) Butternut Squash Medley(1) Multigrain Bread(200) Chilled Applesauce(9) Cal:722 Carb:98 Na:1023	<b>22 THANKSGIVING MEAL</b> Turkey w/Gravy(492) Pearled Onions & Peas(34) Mashed Potatoes(8) Cranberry Stuffing(265) Reg/Diet Pie Cranberry Sauce Cal:806 Carb:114 Na:1086	<b>23</b>  HOLIDAY- NO MEALS	<b>24</b> Cheddar Baked Fish(288) Steamed Broccoli(9) Lemon Rice(19) WW Bread(150) Fresh Fruit(1) Cal:694 Carb:73 Na:607
<b>27</b> Swiss Steak(369) Brussels Sprouts(12) Mashed Butternut Squash(26) Dinner Roll(210) Pudding(246)/Diet Jello w/Topping(12) Cal:831 Carb:96/73 Na:	<b>28</b> Pierogis(440) Sautéed Cabbage(44) Parslied Carrots(62) 12 Grain Bread(115) Reg(150)/Diet Cookies(150) Cal:553 Carb:93 Na:986	<b>29</b> Turkey Taco Plate(347) Tossed Salad w/Ranch(123) Yellow Rice(29) Sour Cream(9) Tortilla Chips(115) Chilled Pineapple(6) Cal:872 Carb:99 Na:794	<b>30</b> Honey Ginger Chicken(342) Oriental Blend Veg(5) Fried Rice(143) Whole Wheat Roll(210) Mandarin Oranges(7) Cal:660 Carb:77 Na:785	